



# Marlborough News

www.themarboroughscienceacademy.co.uk

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17 December 2019

Dear Parents/Carers

As usual the end of term has again crept up on me and despite being surrounded by tinsel and various Christmas activities I'm still not quite sure how we have got to this point so quickly.



We have had an exceptional term as a school and we have received some lovely feedback from external visitors. Daniel Sobel, author and inclusion expert wrote the following having spent some time with us recently "I have now visited many hundreds of schools and overseen my team's work directly with 2000 schools, over 50 LA's and training of 10,000 schools and I find myself in the pleasurable unusual position to state that in many aspects your school is a shining example of outstanding policies".

He wrote a great deal more but concluded his report by praising our inclusive staff, describing students belonging and sense of place as outstanding, pastoral care and removal of barriers outstanding and leadership focus on children as outstanding. The full report is available to read by clicking on [here](#). I was with the selection of students he spent time talking to during lunch and their positive views about the school reflected back our vision and values beautifully; as you can imagine I was delighted. As part of our quality assurance procedures we also invited two School Improvement Partners to just check we were on the right track to meet the demands of the new Ofsted framework confidently. Once again their feedback was most pleasing with a new SIP to the school saying he was "blown away" by Marlborough and what we had to offer, underpinned always with our focus on the students, their futures, wellbeing and of course ensuring great learning and a sense of fun.

There is so much to write about but I am grateful to Mrs Nixon who has been brilliant in keeping you all informed through all the newsletters sent out, what I can comment on are the events of this week and considering it's only Tuesday I have to admit they are pretty impressive; Mrs Redfern ran and organised a Student Voice conference held in the St Albans Museum for student reps across all the St Albans and Harpenden schools. The focus was mental health and we were delighted with the great speakers, contributions made by students and other teachers. Last night we were entertained by a variety of solo acts, dance/gym displays, choirs, drama pieces, carols and Christmas readings all co-ordinated by a hugely talented team of amazing staff.



Period 5 today, I am looking forward to going and seeing the Year 9 Christmas cooking done with Mrs Cuell and Mr Fitzgibbon has just come back, mouth watering, having seen Year 10 'afternoon tea' work.

Tomorrow is movie afternoon for Year 7s, Mrs Aylward's office looks like Sainsburys, full of food as it is to give to local charities, the LRC was full to bursting at the seams on Friday with guide dogs, charity sales and staff madly working on their House Hamper competition entries and all of this whilst learning still taking place in every classroom.

As with every end of any term we bid farewell to one or two staff and this term is no exception. Mrs Ahmed is leaving us to work as a teaching assistant in a school much closer to where she lives. She has done a great deal for the students here who sometimes needed a helping hand with their learning and she has always done so with kindness and dignity. We wish her every best wish going forward and hope too that life will treat her kindly.

Sadly after 39 years, Mr Ferguson otherwise known as 'the legend' is leaving us to downsize and consider his options before full retirement. It's hard to write about Mr Ferguson, every ex-student I meet talks about him with great fondness some now with their own children, he is passionate about his subject, steam trains, the Bluebell Railway line and sailing, passions that he has shared with many staff and students alike and, he will, I think be pretty irreplaceable. With his booming voice, cheerfulness and enthusiasm he will be a big miss not only in the classroom but also in the staffroom; he has fixed many a member of staff's car, helped with house moves (me!), mended jewellery and given thousands of children the independence and skills to work sensibly with major pieces of equipment terrifying to the uninitiated but to Year 7s after a week with Mr Ferguson totally manageable. A talented Gilbert & Sullivan player as well as a fantastic cricket follower there will be no shortage of activities I'm sure to focus his time in life after Marlborough.



The school is going to miss a colleague who has given so much to his subject and his classes, we will have many fond memories and wish him all the best as he sets sail in to the sunset ready for the next chapter in what has been a most successful and unforgettable career.

*Mr Ferguson in a school production of  
The Mikado in the 1980s*

All that remains for me to do is wish you all a peaceful and happy holiday, it can be as well we know stressful for all sorts of reasons but I hope that all of us, even for a small amount of time can count our blessings and show some kindness to those we love.

Thank you as always for all your support.

Ms A Thomson

Headteacher

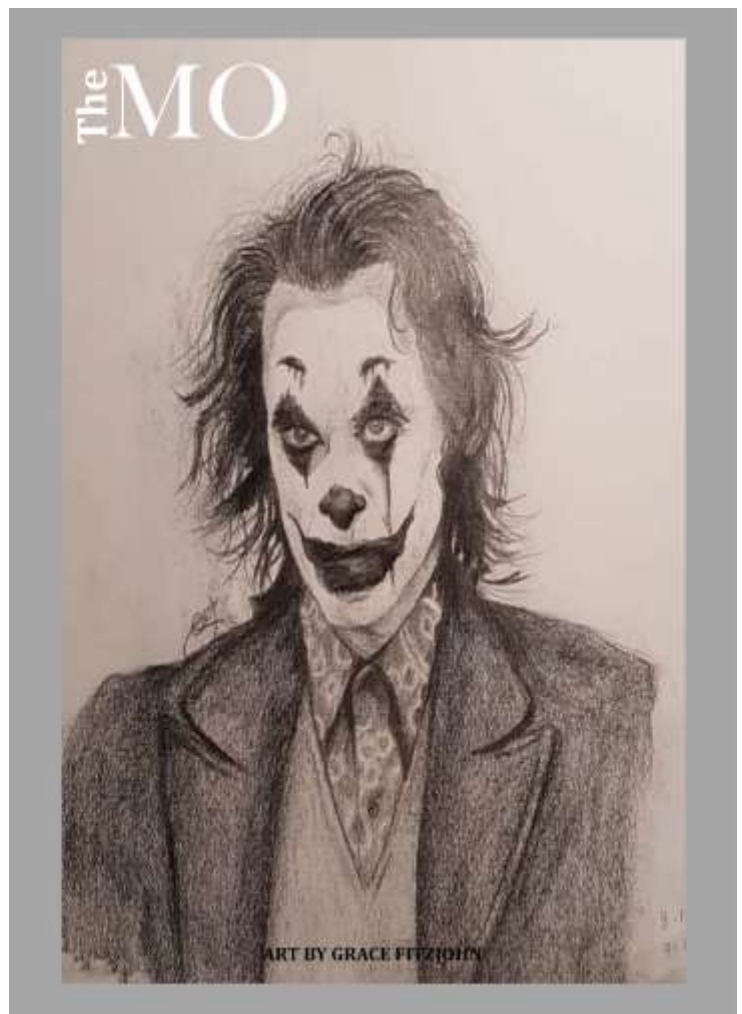


# THE MO

The latest edition of The MO is now available. Click on the picture below to access the online copy or see our website for a pdf version [here](#).



Written by the students  
for the students





## St Albans in Winter

Well done to all those students who submitted photographs for the Photography House competition. There were some fantastic photographs which have been on display in the LRC. All those who participated have been awarded 25 House points.

The results for participation were;

1st Neptune with 325 house points

Joint 2nd Mars and Saturn with 225 house points each

4th Mercury with 75 house points

The overall winner was Jessica Hardcastle 9HF.

Ms Rickman



*The winning photograph taken by  
Jess Hardcastle 9HF*

## House News

This month there have been lots of house competitions including the St Albans in Winter photography competition, staff badminton, Christmas mobile and Christmas hamper competition.

The current standings in the House Competition are as follows:

1st Mercury with 7700 points

2nd Saturn with 7500 points

3rd Mars with 6950 points

4th Neptune with 6350 points

Well done to everyone who has taken part.

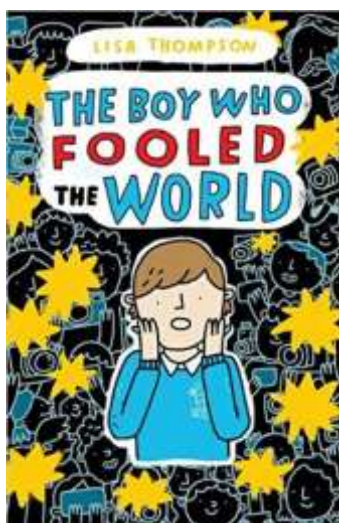


*Mars' winning entry in the  
House Christmas Mobile  
Competition*

## St Albans Schools Book Award

On Thursday 12th December 8 students from year 7 and 8 who have been reading the shortlisted books on the St Albans Schools Book Award took part in a discussion day at St Columba's College.

The students discussed each of the books in groups with students from the other schools attending before voting for their winner. This was followed by a quiz with a round of questions on each of the books and one on general book knowledge. During lunch students were given a book cover quiz to solve and then we were treated to a presentation by last year's winning author Lisa Thompson.



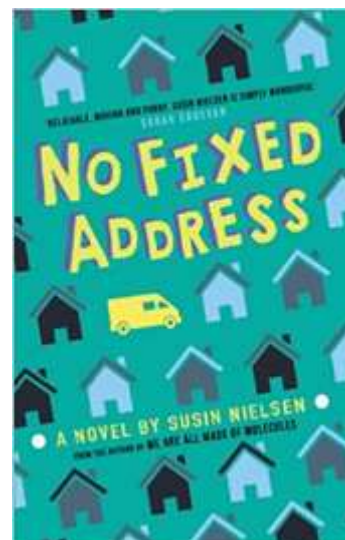
Students were able to buy copies of Lisa's books and have them signed including her most recent book *The Boy Who Fooled the World* which isn't officially published until next month.



The students thoroughly enjoyed the day and were a credit to our school as usual. Well done to them all and especially to Keira Callcut 7TA who not only won a prize for her bookmark design but was also part of the winning team in the quiz.

The winning book this year was *No Fixed Address* by Susin Nielsen which was the most popular book among our students too. We have copies available in the LRC if anyone would like to read it!

Mrs Nixon



## Student Achievement

Congratulations to Owen Dorrington 8RV who helped Watford Water Polo Under 12 team clinch the 2019 East Region Grand Prix. The team took the title in convincing style winning all four matches by at least 10 goals.



## English Stars of the Month for November

The following students have been recognised by their English teacher for their hard work, consistent effort and pleasing work in November.



**Bailey Burrows, Lottie Andrews, Alice Ling, Emily Smith, Finlay Moffit, Charlotte Meads, Taylor Bryan, Zuweyn Uddin, Sophie Do, Selin Oney, Sean Nevling, Charlie Mennie, Lydia Simmons, Nell Delaney, Charlotte Forster, Ben Dellamaro, Molly Burke, Thandy Metcalf, Rhys Smith, Sam Lynas, Miles Key, Emily Payne, Charlotte Hardy, Isaac Sijuade, Leah Stevens, Natalie Simmons, Aimee Mullen, Daniel Gee, Lisa Hutton, Marino Phote, Sammy Newcombe, Annabel Blackford, Jamie Seal, Muskan Zaman, Achilies Perimoviq**

## Quote of the Week

“Whatever our souls are made of, his and mine are the same” (‘Wuthering Heights’, Emily Bronte)

## Word of the Week

Abrupt: *Adjective* — Sudden, unexpected, rapid, surprising



## Edulink Update Information

We have now enabled a new module on Edulink; the Update Information module.

The Update Information area of Edulink enables a parent/carer to request an amendment to their child(ren)'s personal information:



In the web browser you can click on your child's profile to view the editable fields. In the app you can switch between your children's information using the arrow symbol:

An editable field can be amended at any time and the requested amendments submitted to the school by clicking the 'save' button. The requested amendments are reviewed by the school before the data is updated in Edulink. Along with updating your child(ren)'s phone numbers you will be able to update any dietary needs, medical conditions, travel arrangements and consent information.

If you need to amend any personal information about yourself you will need to continue to contact, either via email or letter posted to the school, a member of the pastoral administration team in the same way as you are currently required to do.

We hope this will be another great way we can use Edulink to improve communications.

**Mr Fitzgibbon**

**Deputy Head teacher**

## Choir Performance

Our school choir were asked to perform during the launch of the St Albans Christmas Charter Market on Sunday 15<sup>th</sup> December. The market organisers hoped to encourage an old fashioned community feel to St Albans this Christmas. Thank you to those who took part. The market is open until Christmas Eve.



## Charity Events

The first of the School Parliament charity events this year was held in the LRC on Thursday 12<sup>th</sup> December. The 'Festive Thursday' brought both of the school's nominated charities together with a festive sale at the front of the LRC and the Guide Dogs in for a visit at the back.



Students were able to speak to the Guide Dog representatives, buy merchandise and pet the dogs – all of which really allowed the students to see where their charitable donations were going. One student even commented, "having the dogs here makes me want to donate more. I know we had the assembly but there is nothing like seeing things for yourself."

There were also jars of lovely bits and pieces, cakes, scones, stationery to buy, and three beautifully stocked hampers being raffled. In all, students raised £120 for Teen Cancer Trust and Guide Dogs UK. The winners of the hampers were: Izzy Chambers, Ishika Kumar and Miss Chapman.

Thank you to all who bought, donated and participated.

**Ms Redfern**



We welcomed the Guide Dogs again on Friday lunchtime amid the chaos of the House Christmas Hamper Competition.

In total over the two days more than £300 was spent on the Guide Dog merchandise and tombola which was a fantastic amount and greatly appreciated by the charity.

Thank you to everyone who came to support and to Jan, Maggie, Fiona and Jackie from the Guide Dog fundraising team for running the stalls and Ben, Dave and Jackie for bringing puppies Walter, Vinnie, May and Archie.

**Mrs Nixon**





## Charity Events

### House Christmas Hamper

The House Christmas Hamper Competition this year was a fantastic event involving students and staff collecting non-perishable food items for local foodbanks and culminating in a frenzied building of hampers at lunchtime in the LRC on Friday 13th December. Despite being asked not to prepare items beforehand the creativity was amazing and the teams built a snowman, a parcel, a sleigh and a fireplace in just 45 minutes and filled them with the items donated. Mercury house were victorious with their wonderful fireplace and a total of 866 items were donated to local people in need.

Thank you everyone for your support with this event.



### Christmas Tree Festival

Our students are always ready to support charities, especially if they are from the local community. This was proven, yet again, when several members of Student Parliament from Year 7 and Year 8 attended St Stephen's and St Julian's to decorate a Christmas tree that the school had sponsored.

The 5ft tree was decorated by: Mechia Richards 7EM, Isaac Mortimer 7TA, Zoe Carlow 8AS, Jez Berry-Potts 8CG, Deborah Akowa 8AS, Blessing Mavhangira 7KA and followed the 'First Nowell' theme.

The church are aiming to raise as much money as possible for the 'Let There Be Light' campaign. Should you wish to support the church and donate to their cause please visit:

[www.justgiving.com/campaign/let-there-be-light](http://www.justgiving.com/campaign/let-there-be-light)



## Charity Events

### Another first for The Marlborough Science Academy's School Parliament

On Wednesday 18<sup>th</sup> December the Charity Committee of School Parliament hosted a Year 7 'Movie Night'. The students were invited to start their festive celebrations a little earlier than the rest of the school by coming together in the Da Vinci Hall cinema! Entrance fees were donation only and students were allowed to buy popcorn and nibbles after an interval for lunch. The Year 7 students raised £212 – all of which will go towards our two nominated charities, Teen Cancer Trust and Guide Dogs UK. A special thanks needs to be given to Kiera Pegg-Edwards 10MO, Ella Fox 10DH and Tegan Kotula 10MO who helped arrange the event.

**Ms Redfern**

## Election Debate

On Thursday 28<sup>th</sup> November two weeks to go before the General Election, The Alban Learning Partners were pleased to host a Question Time style debate between the Parliamentary Candidates for St Albans. Marlborough Science Academy hall was buzzing with questions from students across the Sixth Form consortium. The Conservative Party and the Liberal Democrats were ably represented by their Candidates Anne Main and Daisy Cooper. The Green Party and Labour sent proxies, Jack Easton and Ian Grant to represent candidates Simon Grover and Rebecca Lury respectively.

The event was a huge success allowing students to hear from candidates on topics as diverse as Mental Health in Schools, Brexit and the toxic nature of modern Politics. Some of the candidates stayed afterwards to discuss their views with students.





## Positive Mental Health Conference

In order to celebrate and share the exceptional work that students are doing to raise awareness of mental health within schools The Marlborough Science Academy, in partnership with five local councillors and the St Albans Museum hosted a Positive Mental Health Conference.

On Monday 16<sup>th</sup> December a number of student council representatives, from nine St Albans and Hertfordshire Secondary schools came together to learn more about local provisions, share how their school encourages positive mental health and begin planning ways that they can use their Student Voice platform to promote resilience, and support positive mental health within their school community.



Held in the beautiful assembly room of the former Town Hall four keynote speakers: Isabella Segal, Youth Council, MHST and Trailblazers spoke of triggers. Later students were able to talk to other professions before concluding the afternoon with students sharing their experiences, what they do in school and planning for the future.

In terms of bringing young people together, empowering students to make a change within their own school community and in light of the 'Transforming Children and Young People's Mental Health Provision' Green Paper the event was certainly something to be celebrated.

### Ms Redfern





## Rotary Club Youth Speaks Debate

On Tuesday 26<sup>th</sup> November at St Saviour's Church, St Albans, the Marlborough Debate Club pitted their oratory skills against other teams from local schools. The event involved having a chair person, responsible for introducing the debate. It also required a speaker for and against the motion. As a school, we entered two teams: one consisting of Jez, Ayesha and Eleanor; the other, Sam, Cosmin and Josie.



The first team presented a for and against motion on the topic, 'Personal technology should not be in the hands of young children.' The latter presented a for and against motion on the subject, 'Social influencers are of great value to society.'

Both teams did a fantastic job in learning their speeches off by heart (something the judges commended them on) and delivered them with real composure and confidence. To show such a

flair for public speaking at a young age is so admirable, especially given how talking in public is a phobia for some people.

At the end of the evening the teams were presented with certificates from the Rotary Club and advised to come back again next year.

Jez Berry Potts said, *'The debate was a new, exciting experience and - despite the fact we lost - I do not regret it.'*

With points deducted for being under the time limit, the students feel they have the experience to advance when they enter the



competition in the future.

Cosmin Vlad said, *'It was nerve-wracking, but worth it.'*

**Mr Theivamanoharan**

## Book Buzz

Earlier this month, the BBC reported that students who read for around twenty minutes every day are more confident in their approach to other challenges life throws at them from

conversations with other people to completing examinations.

(<https://www.bbc.co.uk/news/education-50651769>)

We are delighted to report that once again, The Marlborough Science Academy are at the cutting edge. Every student in Year Seven has now received a free Bookbuzz book! And here's why...



Our school is taking part in BookTrust's Bookbuzz reading programme which aims to get students excited about reading. We gave them the opportunity to choose their own book to keep because we believe reading for pleasure is important. Over the coming months, students will be taking part in reading challenges, book circles, book swaps and our exciting Christmas selfie competition.

Below are three top tips on how to get involved and encourage your child to read more at home:

1. Get talking! The easiest way to get involved is to talk to your child about books and reading. Their Bookbuzz book is a great place to start. Why did they choose their book? Are they enjoying it? Talking about books together shows them the value of reading and will encourage them to form and share their opinions on what they read.

2. Make it fun! Reading should be a fun and social activity. You can find lots of activities on the Bookbuzz website to share and enjoy with your child, including videos and blogs from the Bookbuzz authors, quizzes and competitions. Just visit: [booktrust.org.uk/bookbuzz](http://booktrust.org.uk/bookbuzz).

3. What next? Finishing their Bookbuzz book should be the start of the adventure for students, not the end! No matter what their interests, there are thousands of fantastic books out there to discover and capture their imagination. For more advice, you can ask a librarian or local book shop.

Ms Duncan



## Marlborough in the News



The Association of School and College Leaders (ASCL) is a leading professional body representing more than 18,000 school, college and system leaders across the UK. ASCL works to shape national education policy, provide advice and support to schools across the country. School were asked if they could write a small article in less than 200 words on

our thoughts of having mobile phones in schools. Only four articles were published from all the school that submitted across the country and ours was one of the four chosen.

Please see the article below. Thank you for your ongoing support allowing for this to be so effective.

### Help Children Navigate the Perils

Social technology is here to stay, and we believe very strongly at our school that it is our duty as educators to ensure that all students are enabled to use their devices safely and responsibly. The key to this is to

make sure clear procedures, policies and training are consistently applied and monitored, and understood by all.

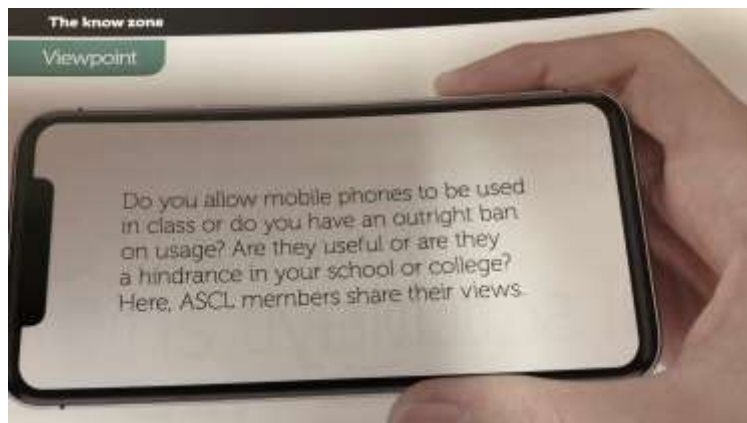
We insist on all parents and students signing up to our policies and each year all of our students must successfully complete four bespoke online safety modules, as an insurance that they know the laws, dangers and what to do if they have any concerns. We have as a

leadership team seen mobile phones used in some exceptionally creative ways to support learning but there are too areas of the school where mobile phones are not allowed.

Our system works for us – communications have improved considerably – and why would we ban something that has become a huge part of modern life without helping our children navigate their way through the perils?

**Mark Fitzgibbon**

**Deputy Head teacher**





## Maths in Action Workshop

A group of year 12 students joined Mrs Gustafson in London for a Maths in Action workshop. The speakers were dynamic and engaging. We got to hear Simon Singh, author of Fermat's Last Theorem and other books, speak about making mathematics emotional. Michael Blastland spoke about how the news uses statistics and explained that we should be asking questions about the data behind the statistics given. Dr Frost gave students some helpful tips on how to revise and reduce stress in preparation for exams. The day's host, Matt Pritchard, wowed us with some fun mathematical magic. David Acheson spoke about the maths and physics in music and finished his talk by playing an original piece on electric guitar for us all. And Dr Jackie Bell ended our day speaking about how her degrees in maths have actually helped her take steps towards her lifetime goal of one day going to space. It was delightful to hear so many people passionate about maths engaging with and exciting young people about the subject.





## GCSE Mathematics and AQA English 2020 revision workshops

Purposeful revision in a supportive environment

Designed to motivate and challenge students in an engaging, focused and active learning environment, our revision workshops are led by subject experts with a wealth of experience in providing additional support



Half-day workshops **£45.00** and full-day workshops **£90.00** incl. VAT

Taught in groups of up to 30 students by two subject specialists, these tried and tested revision workshops will:

- boost your child's confidence and enable them to feel 'exam ready'
- provide each student with exam strategies and revision techniques to help them succeed
- share high quality examination responses to support their own learning
- give your child the opportunity to complete a range of revision activities, addressing the skills needed with immediate feedback
- provide high quality resources to take away to support their independent revision

Parents and schools can book places through the **HfL CPD Hub** at [cpd.hertsforlearning.co.uk](http://cpd.hertsforlearning.co.uk)

For more information regarding these workshops, please contact: [training@hertsforlearning.co.uk](mailto:training@hertsforlearning.co.uk) or call **01438 845111**

01438 845111  
[hertsforlearning.co.uk](http://hertsforlearning.co.uk)





# 2020 GCSE Mathematics and English Revision workshops for your child

## Saturday workshop sessions at The Samuel Ryder Academy, St. Albans

GCSE Mathematics - Foundation Tier: Number Course code: MAT/20/41/S	18th January, 9.30am-12.30pm
GCSE Mathematics - Higher Tier: Number Course code: MAT/20/165/S	18th January, 1.00pm-4.00pm
AQA GCSE English Literature: A Christmas Carol Course code: ENG/20/50/S	25th January, 9.30am-12.30pm
AQA GCSE English Literature: An Inspector Calls Course code: ENG/20/51/S	25th January, 1.00pm-4.00pm
GCSE Mathematics - Foundation Tier: Algebra Course code: MAT/20/42/S	1st February, 9.30am-12.30pm
GCSE Mathematics - Higher Tier: Algebra Course code: MAT/20/43/S	1st February, 1.00pm-4.00pm
AQA GCSE English Literature: Macbeth Course code: ENG/20/52/S	8th February, 9.30am-12.30pm
AQA GCSE English Literature: Romeo and Juliet Course code: ENG/20/53/S	8th February, 1.00pm-4.00pm
GCSE Mathematics - Foundation Tier: Ratio & Proportion Course code: MAT/20/44/S	15th February, 9.30am-12.30pm
GCSE Mathematics - Higher Tier: Ratio & Proportion Course code: MAT/20/45/S	15th February, 1.00pm-4.00pm
AQA GCSE English Literature: Poetry: Power and Conflict Course code: ENG/20/54/S	29th February, 9.30am-12.30pm
AQA GCSE English Literature: Poetry: Love and Relationships Course code: ENG/20/55/S	29th February, 1.00pm-4.00pm
GCSE Mathematics - Foundation Tier: Geometry and Measures Course code: MAT/20/46/S	7th March, 9.30am-12.30pm
GCSE Mathematics - Higher Tier: Geometry and Measures Course code: MAT/20/47/S	7th March, 1.00pm-4.00pm
AQA GCSE English Language: Paper 1: Explorations in creative reading and writing Course code: ENG/20/56/S	14th March, 9.30am-12.30pm
AQA GCSE English Literature: Unseen Poetry Course code: ENG/20/57/S	14th March, 1.00pm-4.00pm
GCSE Mathematics - Foundation Tier: Fractions, Probability and Statistics Course code: MAT/20/48/S	21st March, 9.30am-12.30pm
GCSE Mathematics - Higher Tier: Graphs, Probability and Statistics Course code: MAT/20/49/S	21st March, 1.00pm-4.00pm
AQA GCSE English Language: Paper 2: Writers' viewpoints and perspectives Course code: ENG/20/58/S	28th March, 9.30am-12.30pm

3 hour session £45\*

## Easter Holiday English sessions at Townsend School, St. Albans

AQA GCSE English Language Papers 1 and 2 Course code: ENG/20/59/S <b>£90*</b>	Monday 6th April, 9.30am-3.30pm
AQA GCSE English Literature Paper 1 Focusing on: Macbeth and Romeo and Juliet; A Christmas Carol and Jekyll and Hyde Course code: ENG/20/60/S <b>£60*</b>	Tuesday 7th April, 10.00am-2.30pm
AQA GCSE English Literature Paper 2 Focusing on: An Inspector Calls; Love and Relationships Poetry, Power and Conflict Poetry and Unseen Poetry Course code: ENG/20/61/S <b>£60*</b>	Wednesday 8th April, 10.00am-2.30pm

## Pre-examination GCSE Mathematics sessions at The Samuel Ryder Academy, St. Albans

Student Revision morning 1 Paper 1 preparation Course code: MAT/20/38/S	Saturday 16th May, 9.30am-12.00pm
Student Revision morning 2 Paper 2 preparation Course code: MAT/20/39/S	Saturday 30th May, 9.30am-12.00pm
Student Revision morning 3 Paper 3 preparation Course code: MAT/20/40/S	Saturday 6th June, 9.30am-12.00pm

£37.50\* per session or book all 3 for £85\*

Parents and schools can book places through the **HfL CPD Hub** at [cpd.hertsforlearning.co.uk](http://cpd.hertsforlearning.co.uk)  
For more information regarding these workshops, please contact: [training@hertsforlearning.co.uk](mailto:training@hertsforlearning.co.uk)  
or call **01438 845111**

\*All prices quoted are inclusive of VAT



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# Parenting Support



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KeystoneWorkshops



Great learning every day for everyone

## Understanding Adolescence – Positive Strategies for Parents- Talk

### Summary



Adolescence is a developmental stage that takes up 10% of our lifespan. We all experience it, few of us remember it, yet arguably it has the greatest impact on our futures. Adolescents often feel misunderstood and frustrated, whilst parents feel that everything they ever knew about being a parent is snatched away almost overnight.

This talk will discuss the challenges of living with young people, and introduce successful strategies for managing behaviour. It will invite the audience to consider how thinking about things from their child's perspective can encourage more collaborative conversations. It will show parents how to adopt a more open, person centred, communication style that uses active listening, ensuring conversations can end with parents feeling appreciated and adolescents feeling more understood. This approach will be useful for all members of the family to help motivate young people and keep their lives on track.

### Who is this talk for?

This talk is for parents, grandparents and carers of children aged 11 to 19.

### What will parents gain from this talk?

- An understanding of the biological, psychological and social changes in adolescence
- An understanding of how these developmental changes can have an impact on, and be impacted by, the developmental demands of being a parent.
- Knowledge of the current successful strategies for managing teenage behaviour
- Knowledge of positive communication approaches and five simple steps used as part of a person-centred communication style

**Booking is essential BOOK NOW!**

### Event Details

Date: Weds, 15<sup>th</sup> Jan 2020

Time: 19.30-21.00

Location: The SandPit Theatre, St Albans, AL4 9NX

Cost: £19.50pp

### About our speaker

**Deborah Christie** is Professor of Paediatric and Adolescent Psychology and Consultant clinical psychologist/clinical lead for paediatric and adolescent psychological services at University College London Hospital's NHS Foundation Trust. She is currently President of the Society for Adolescent Health and Medicine and Co-Editor in Chief of *Clinical Child Psychology and Psychiatry*. She has published over 100 peer reviewed papers and chapters and is co-editor of the bestselling *Psychosocial Aspects of Diabetes in Children, Adolescents and Families*.

She has a passion for working with young people searching for ways to live with chronic illness. She is an international presenter and trainer in adolescent psychosocial development, motivational and solution focused therapies and works with multidisciplinary teams to help them engage and communicate effectively with children, young people and families living with chronic illness and managing complexity.

Events are regularly updated, for a full list of future events visit: [www.keystoneworkshops.co.uk](http://www.keystoneworkshops.co.uk)

# Parenting Support



team@keystoneworkshops.com

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KeystoneWorkshops

## Anxiety in Children - Positive Strategies for Parents - Talk



0-5 yrs

6-12 yrs

### Summary



Parenting a child who struggles with anxiety can be exhausting and confusing at times. Every parent wants their child to be happy and confident, but it can be hard to know how best to support our children.

Many parents feel uncertain about why their children become anxious and whether they need to do more to protect them from difficult circumstances or back away and allow life experiences to run their course.

In this informative and skills-based talk, Dr Kerstin

Thirwall will share typical causes of childhood anxiety and ways in which parents can help their child to overcome their fears and worries and better regulate their emotions. She will provide an overview of parenting techniques and environmental factors useful for raising emotionally healthy children.

This talk complements our recent event: *Raising Confident Children and Tackling Their Fears*. There may be some overlap, but emphasis of this talk will be on the importance of building secure attachments and on parent-led cognitive behaviour therapy (CBT) strategies.

### Who is this event for?

This talk is aimed at any parents/carers seeking tips on how to support a child with anxiety, most suitable for children aged 2-12 years with some discussion of what can be expected in adolescent years.

It may also be useful for parents who struggle with their own anxiety levels.

### What will parents gain from the event?

- An overview childhood anxiety and ways in which anxiety may manifest in childhood
- Techniques for supporting calmness and building confidence.
- Strategies for increasing resilience and building up brave behaviour

[CLICK TO BOOK NOW](#)

### Event Details

**Date:** Tue, 11<sup>th</sup> Feb 2020

**Time:** 19.15 – 21.15

**Location:** The SandPit Theatre, St Albans, The Ridgeway, AL4 9NX

**Cost:** £19.50pp

### About our speaker

**Dr Kerstin Thirwall** is a Chartered Clinical Psychologist and completed her training at University of Oxford. Following her clinical doctoral degree, she was awarded a clinical research fellowship by the Medical Research Council and led a treatment trial investigating the effectiveness of parent-led cognitive behaviour therapy for childhood anxiety disorders. This evidence based approach has subsequently been adopted across numerous NHS settings. In addition to journal publications, Kerstin has co-authored several treatment manuals and *Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids*, a book for therapists working with parents, commissioned by Guildford Press (USA).

She is a visiting fellow at University of Reading and an honorary fellow of The British Psychology Society. She provides training to health professionals and parenting workshops alongside her clinical practice.

Kerstin is passionate about helping children and young people overcome difficulties relating to anxiety, low moods and/or poor self-esteem.

She helps children and their families to better understand factors which contribute to the development of positive mental health and supports them to change unhelpful habits and increase practices known to be effective in improving emotional resilience. She often works closely with parents in order to support them to help their child.

Events are regularly updated, for a full list of future events visit: [www.keystoneworkshops.co.uk](http://www.keystoneworkshops.co.uk)



# Parenting Programmes & Courses for Targeted Parents

**Spring Term 2020**  
**ST ALBANS DISTRICT**

	Session, Date & Time	Venue
<b>MON</b>	Families Feeling Safe. 27/01/20 – 30/03/20 (not half term) 9.45am – 11.45am (Crèche available)	Quakers Hall, Harpenden
<b>TUES</b>	Welcome to the World 16/02/20 -31/03/20 6pm -8pm Early Talk 25/02/20 – 31/03/20 10am 11.30am	Sopwell Family Centre London Colney Family Centre
<b>WED</b>	Family Toolkit 04/03/20 – 25/03/20 9.45am -11.45am (crèche available)	Park St Village Hall Park Street
<b>THU</b>	Family Toolkit 12/03/20 – 02/04/20 6.00pm – 8.00pm	Sopwell Family Centre, St Albans
<b>FRI</b>	Mums Matter 31/01/20 – 27/03/20 (not half term) 9.45am – 11.45am (crèche available)	Fleetville Family Centre St Albans

### Welcome to the World

For parents expecting a baby who are 22+ weeks into pregnancy. Prepare for life with a new baby. Meet other parents. Can come on their own or with a friend or partner

### Families Feeling Safe

A 9 week course to enable parents and carers to recognise and build on their own strengths in managing and understanding their children's behaviour, communicating with others, expressing feelings and making safe choices.

### Little Learners

For families with children (10-18 months) who need a little extra support to reach their developmental milestones.

**Call for more information**

### Early Talk

A six week course to develop ideas to promote a child's communication and language. Run in partnership with the speech and language team

### Mums Matter

A 8 weeks Course offering Perinatal support for mothers experiencing low mood. With children 0-2.

### Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life.

### Little Chefs

A 5 week course to support families with children 15mths – 2years to get their children off to a healthy start. Topics covered will include portion control, sugar/salt/fat contents, oral health, weight, physical activity and the importance of eating together.

### DOMESTIC VIOLENCE

Please note we can support families with issues around domestic violence. Please speak to us for more information.

### CRECHE

May be available to book for some sessions at £3 per child

### FAMILIES MUST BE REGISTERED



Please follow the QR code to register a family.



**01727 227 746** number for professionals only

For referrals: [www.hertsfamilycentres.org/professionals-area](http://www.hertsfamilycentres.org/professionals-area)



Hertfordshire  
Family Centre  
Service





St Stephen  
with St Julian

# Christmas Services

## St Stephen's Church

Watling Street, St Albans, Herts AL1 2PT

*Sunday 22nd December*

- 8.00am Holy Communion  
10.00am Family Communion with Nativity\*  
6.30pm Carol Service by Candlelight

### *Christmas Eve*

- 4.00pm Crib Service\*  
11.30pm Midnight Mass

### *Christmas Day*

- 8.00am Holy Communion  
10.00am Family Communion\*

## St Julian's Church

3 Abbot's Avenue, St Albans, Herts AL1 2HY

*Sunday 15th December*

- 4.00pm Christingle and Carols Service\*

### *Christmas Eve*

- 4.00pm Crib Service\*

### *Christmas Day*

- 10.00am Holy Communion

\*suitable for children

You would be most welcome to join us celebrating  
Christ's birth at any of our Christmas services



## Learning Support News

Details of the latest ADD-vance course for parents and carers of children and teenagers with ADHD and autism are available [here](#)



# UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS



**WEDNESDAYS**  
**8th, 15th, 22nd, 29th January**  
**and 5th, 12th February 2020**  
**7.00 - 9.00pm**

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict : why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

**COMMUNITY ROOM**  
**St Albans Fire Station,**  
**153 London Road**  
**ST ALBANS**  
**AL1 1TQ**

'I tried the techniques and was amazed at the outcome.'

**Pre-booking essential**

**Contact Supporting Links**

**QUOTING REFERENCE SL351 on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



This course is provided free to parents by Hertfordshire County Council

## Term Dates

### Autumn Term 2019

**Wednesday 4th September to Friday 20th December 2019**

*Half Term*                      *Monday 28th October to Friday 1st November 2019*

***Occasional Day - Friday 22nd November 2019***

### Spring Term 2020

**Monday 6th January to Thursday 2nd April 2020**

*Half Term*                      *Monday 17th to Friday 21st February 2020*

***Inset Day - Friday 3rd April 2020***

### Summer Term 2020

**Monday 20th April to Friday 17th July 2020**

***Bank Holiday- Friday May 8th 2020— Please note the change of date.***

*Half Term*                      *Monday 25th to Friday 29th May 2020*

If you have any questions and are not sure who to ask  
please click here for the [general enquiry form](#)



## Marlborough News

www.themarboroughscienceacademy.co.uk

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information regarding the content of this or future publications.